

Get LEAN in 2015 Weekly Meals

January 19 -25

Breakfast



Autumn Spice Protein Shake*

Whole Wheat Toast with 1 Tablespoon Low Fat Cream Cheese, 2 oz Smoked Salmon

Cream of Wheat with 1 Teaspoon Almonds, 2 Tablespoons Strawberries, non-fat Milk, Organic Brown Sugar, Cinnamon and Nutmeg

Skinny Apple Cinnamon Bread*

Healthy Smoothie: 1 Cup Coconut Water, 1 Cup Mango, 1 Frozen Banana, 1 Scoop Protein Powder

2 Eggs Over Easy and 2 Pieces of Low Sodium Ham

Egg White Omelet w/ Turkey, Tomatoes, and Mushrooms

Snack



1/2 Cup Kale Chips

Sliced Celery and Hummus

Tail Mix: 1/4 Cup of Pecans, 1/4 Cup Craisins, 1/4 Cup Sunflower Seeds

1 Cup Blackberries & Raspberries

1/4 Cup Dried Strawberries

1 Hard Boiled Egg, Low Fat Cheese Stick

1 Cup Red and Green Grapes

Healthy Smoothie: Almond Milk, Cup Frozen Blueberries, Frozen Banana, 1 Scoop Protein Powder

1 Apple w/ 1 tbsp. Peanut Butter

Lunch



Spring Mix Salad: Cucumbers, Sweet Peppers, Sunflower Seeds, Craisins, Carrots, Tomatoes, Black Pepper, Olive Oil & Vinegar

Arugula Salad: Sliced Pears, Grilled Chicken, Walnuts, Dried Cranberries.

Lettuce Wraps: Chicken, Tomatoes, Black Beans, Avocado, Low fat Cheese. Apple, Pop Chips.

Peanut Butter Sandwich on Whole Wheat Bread, Plain Greek Yogurt, Cup of Strawberries

Salmon Salad with Spinach, Cucumbers, Tomatoes and Parmesan Cheese.

Vegetable Soup, Whole Wheat Roll

Dinner



The Perfect Salmon*, Sautéed Sliced Zucchini, and a Side Salad

Veggie Sushi and a Garden Salad with Ginger Dressing

Baked Trader Joe's Mahi Mahi Burger in a Lettuce Wrap, Side Salad, Sliced Peaches

Easy Sirloin Steak*, Kale and Cranberry Salad and Corn on the Cobb

Grilled Tilapia, Brussel Sprouts, Arugula and Mozzarella Salad

Whole Wheat Pasta, Tomato Sauce, Sautéed Zucchini

Lean Turkey Stir Fry with Snow Peas, Sweet Peppers, and Carrots

* Recipe Available on SummerGirlFitness.com